

Four Barrel CrossFit	Brute Strength Cycle C3W4		MAX OUT WEEK!!							
10/20/2014	10/21/2014	10/22/2014	10/23/2014	10/24/2014	10/25/2014	10/26/2014				
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm	
400 m run 30 Air squats 1 minute wall sit	5 10 Push ups 10 HR Push ups 10 PVC Strict Press 10 PVC Pass Throughs	3 20 Roll Backs 20 Barbell Deadlifts	3 3 X 10 Band Pull-Aparts	4 Banded OH Distraction 20 Russian Baby Makers	5	5 Coachs Choice			10	
GPP	GPP	GPP						GPP		
<i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	2	
1 RM Back Squat	15 1RM Strict Press	15 1RM Deadlift	15 Snatch, Heavy Single	10 1 RM Front Squat	15	10 OFF		15		
<i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5		
"Cindy" 20 minute AMRAP 5 pullups 10 Pushups 15 Squats	20 "Annie" 50-40-30-20-10 DUBS Sit-ups * 15 minute cap	15 "Diane" 21-15-9 Deadlifts (225/155) HSPU * 15 min Cap	15 "Nancy" 5 rounds 400 m run 15 OHS (95/65)	21 Fran! Woo Hoo! 21-15-9 Thrusters (95/65) Pull-ups	12	20 For Time: 20 L-pull-ups 30 Strict Toes to bar 40 Burpees Run 800 meters		15		
Cash-Out: Foam Roll Quads / Lats	5 Cash-out: LAX ball on Shoulders	3 Cash-out: 2 X 5 each arm TGU	5 Cash-out: Foam Roll T-Spine	5 Cash-out: Lax ball on Forearms	5	5 Cash-out: All the Mobility		5		
<i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5		
<i>Total</i>	55 <i>Total</i>	47 <i>Total</i>	51 <i>Total</i>	50 <i>Total</i>	48 <i>Total</i>	51 <i>Total</i>	51 <i>Total</i>	52		